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RANGER JOKE FALLS FLAT

LONE RANGER STAR ARMIE HAMMER TRIES TO MAKE REPORTERS AND CO-STAR JOHNNY DEPP LAUGH BUT HIS PUNCHLINE IS MET WITH SILENCE PAGE 16

Not in your backyard

It's not just NIMBY-ism: People from across the city are against the proposed Walmart near Kensington Market, poll shows PAGE 3

With friends like these ...

Obama suggests all nations spy on each other as the French and Germans express outrage over alleged U.S. eavesdropping PAGE 8

T.O. has Tigers seeing red

Mark DeRosa's surprise three-run homer is the exclamation point in Jays' 8-3 victory on Canada Day PAGE 27

NEWS WORTH SHARING.

Alleged gang leader acquitted

2010 Project Corral. Trial heard about the not-so-glamorous life of 5PG gang members

Four members of a street gang in northwest Toronto have been convicted of 27 drug trafficking and criminal organization charges, though a jury on Monday acquitted the alleged leader.

During a two-month trial, prosecutors alleged that the Five Point Generals, or 5PG, was the "brand name" of a criminal organization in the Weston Road and Lawrence Avenue area.

Jurors listened to hundreds of wiretapped phone conversations between brothers Sheldon and Shane Evans, Orrett Francis, Rashard Green, Joseph Dawkins and others. The Crown also presented evidence that gang members wore 5PG tattoos, marked their territory with 5PG graffiti and appeared in rap videos intended to intimidate rivals.

But the Crown failed to persuade the jury that Dawkins was the group's leader. Defence lawyer Steven Fishbayne said Dawkins, whose nickname was Oz, was not the "all knowing and powerful leader" of 5PG.

Rather, Dawkins was more like the "man behind the curtain" in the 1939 Wizard of Oz movie — a "self-important, short-fused blowhard … who talks big but does nothing," said Fishbayne.

Defence lawyers argued their clients were childhood friends who sold drugs to eke out a meager existence in their low-income, hardscrabble world. They urged the jury to find that police drug experts contorted coded language caught on intercepts, suggesting certain words or phrases referred to cocaine when the substance was marijuana.

Jurors spent five days deliberating before returning to the courtroom just after 3 p.m. on Canada Day. Several were sobbing as they filed out after the foreman read their verdicts, which included nine not guilty verdicts. TORSTAR NEWS SERVICE

Just token tough

"None of them could afford a car. They were on the wires a number of times talking about what bus they were on and what stop they were getting off. They were living in conditions of poverty."

Defence lawyer Sid Freeman

THAT'S THE SPIRIT

Ontario Premier Kathleen Wynne smiles with her newest fan, Deja, at Queen's Park during Canada Day celebrations Monday, where the festivities included music, dance and a taste of Ontario's locally grown foods. For a photo gallery of Canada Day festivities across the country, turn to pages 14-15.

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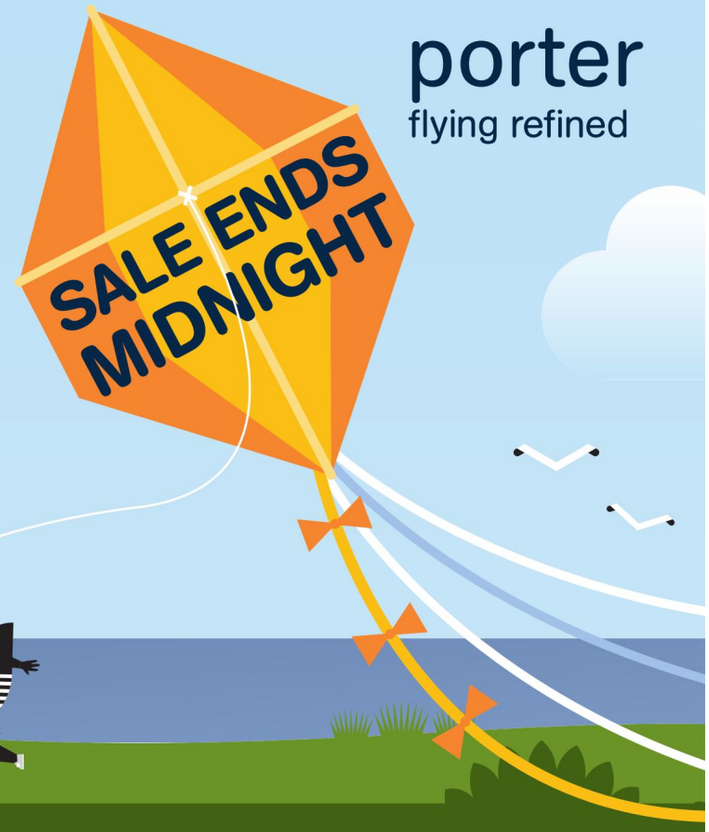

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'Sentimental Journey'

'40s icon lands in Hamilton (sort of)

1940s pin-up icon Betty Grable
CANADIAN WARPLANE HERITAGE MUSEUM

A Second World War U.S. bomber nicknamed "Sentimental Journey" and featuring a picture of '40s pin-up Betty Grable "in her most tantalizing pose" on its nose landed at the Canadian Warplane Heritage Museum on Canada Day.

The B-17 will be on display at the museum — located at the Hamilton International Airport — from 9 a.m. to 5 p.m. until July 7, except for a few times later in the week, when plane enthusiasts can take a ride in one of its eight seats.

TORSTAR NEWS SERVICE

'Transparency project'

Doctors' watchdog wants more transparency

Ontario's medical watchdog, long criticized as being more interested in protecting doctors than patients, wants to be more transparent.

The College of Physicians and Surgeons of Ontario is considering a proposal that would make it easier for patients to get more information about doctors accused of wrongdoing.

TORSTAR NEWS SERVICE

Kensington Walmart project booed: Poll

City wide. Survey also finds residents want city hall to focus on 'building a better city' more than keeping taxes low

Sixty per cent of Torontonians polled in a recent phone survey are against the proposed Walmart near Kensington Market, with most respondents from all corners of the city disapproving of the development.

"What's really surprising is that it's not just people who live in downtown Toronto that are against it," said Lorne Bozinoff, president of Forum Research, which conducted the poll on June 25.

At least 57 per cent of respondents from the four areas identified in the poll — North York, Toronto or East York, Etobicoke and Scarborough — said they're against the U.S.-based chain building a store near College and Bathurst streets, just west of Kensington Market.

Forum polled 1,239 randomly sampled adult Torontonians in a voice response phone survey. Results are considered accurate within 3 percentage points, 19 times out of 20, the company says.

The Walmart was opposed most strongly by women (65 per cent), people with incomes from $80,000 to $100,000 (68 per cent) and those who disapprove of Mayor Rob Ford (72 per cent).

Quoted

"It's not a 'Not in my backyard' thing, because it's nowhere near those people's backyards. You couldn't be further away from that proposed Walmart than Scarborough, and even they don't like it."

Lorne Bozinoff, president of Forum Research

Elsewhere in the poll, two-thirds of respondents said the municipal government should focus on "building a better city" instead of keeping taxes low, a policy supported by 27 per cent of those surveyed.

At the same time, nearly half said there's still too much waste at city hall, almost three years after Ford was elected mayor on a promise to stop the "gravy train." That belief was strongest among those with incomes higher than $100,000 (39 per cent), downtown residents (33 per cent) and those who disapprove of Ford (35 per cent). About one-quarter feel the "gravy train" has been dealt with.

"The question really is: Is Rob Ford's job done or not? Is there any more waste to cut? And this says yes, there is," Bozinoff said, looking ahead to the 2014 mayoral election.

"It shows there is a premise for him to run (again), and to make that part of his platform."

TORSTAR NEWS SERVICE

A little help from my friends

Surrounded by friends and family, Rick and Brenda Martin pose in the backyard of their Mississauga home Monday. The Martins have been hosting Canada Day backyard parties for 30 years, complete with flags from all of the country's provinces and territories, where the overwhelming majority of guests wore red, white and maple leaves. The arrival of this year's party had a sad tone after Rick was diagnosed with cancer, so friends and relatives pitched in with the decorating and planning.

TORSTAR NEWS SERVICE

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Abattoir

Sooey, that's some stench

Local residents say a nearby slaughterhouse stinks to high heaven — or at least to their condo balconies — and that the plant should go the way of its pigs.

Quality Meat Packers Ltd., and some sympathetic neighbours, argue that the company has been in the area for over 80 years and people should get used to its porcine odour.

As the abattoir's summer stink rolls in, the pitched battle between Toronto's industrial past and its glass-tower present has split the quiet neighbourhood around King and Bathurst.

A sign at the plant reminds drivers to be respectful of neighbours. TORSTAR NEWS SERVICE

Scents are indeed stronger when it's hot out, said Leslie Vosshall, a scientist of smell at Rockefeller University in New York. That's because at high temperatures, molecules are more prone to fly around in the atmosphere and enter our noses.

In the warren of streets surrounding the Wellington Avenue slaughterhouse, the cloud of smell is produced by the pig barn. And with about 6,000 live pigs arriving daily at the plant, that smell can be ripe.

Joe D'Abramo of Toronto's city-planning department says there is no legal recourse for the abattoir's opponents. TORSTAR NEWS SERVICE

Whitby

Charges laid in stabbing

A 47-year-old man is facing multiple charges after a stabbing incident in Whitby left a person in hospital.

Durham Regional Police say Richard Atanasoff has been charged with attempted murder and several weapons offences.

Police say a 36-year-old victim was found suffering from multiple stab wounds on Sunday and rushed to hospital.

He remains in critical but stable condition.

Police say the two men knew each other and were involved in a verbal dispute that escalated into violence at a home. THE CANADIAN PRESS

Votes

Byelection call may come soon: Sources

Byelections in five provincial ridings could be called by Premier Kathleen Wynne as early as next Wednesday, sources told the Torstar News Service.

Liberal strategists spent the Canada Day weekend finalizing plans to see voters in Etobicoke, Scarborough, Ottawa, London and Windsor headed to the polls, possibly on Aug. 1.

"Nothing has been settled yet," a senior government official, speaking on condition of anonymity in order to discuss internal strategy, insisted Friday.

"We're not even sure we will hold all of them the same day." TORSTAR NEWS SERVICE

Public shows their support for family of dead toddler

Milton. Fundraising effort launched after Maximus Huyskens was left in an overheated vehicle last week

There has been an outpouring of online support for the family of Maximus Huyskens, the Milton toddler who died of heat exposure last week after being left in a car while in the care of his grandmother.

Alex Green, a friend of the Huyskens, has launched a fundraising drive on FundRazr to help give financial peace of mind to the family.

It had garnered $740 in donations as of Monday, including $200 from Green himself.

"RIP little man," wrote one anonymous donor.

Maximus died after being left in a family member's red Chevrolet Cruze for an "extended period of time" at the Huyskens' Milton home on June 26. He was a month shy of his second birthday.

The toddler's father Marcus was working at the family production company, Bad Cat Media, that day. Tamara, the mother, was at an appointment.

The couple left Maximus in the care of Tamara's mother, who is deaf.

Temperatures reached 31 C that day.

No charges have been laid in the case. Police continue to investigate.

A public funeral is scheduled for Wednesday at 10 a.m. at the Holy Rosary Catholic Church in Milton. TORSTAR NEWS SERVICE

Maximus Huyskens died after he was left in a car on a sweltering day last week. A funeral will be held for the toddler, who was just shy of his second birthday, on Wednesday. FACEBOOK.COM

Condolences

The funeral-home website has also seen a deluge of consoling messages directed at the Huyskens.

- A condolence note from Caillin Hakime, a woman who says she worked with Maximus at a Milton daycare, painted a loving picture of the boy.
- "Maximus was a beautiful angel," the message reads. "He was always smiling and happy and really liked to make everyone laugh. I looked after Maximus from 5 months to roughly 9 months at Peekaboo and he was the reason I loved my job."

A store for all your graffiti-related needs

Skam in front of his artwork on Camden Street. ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

Talk about a super niche industry: Graffiti artist Skam runs Homebase, one of the city's rare graffiti merchandise stores.

"People in the culture know about us," said the entrepreneur about his sleek outfit, which has rarely advertised since it launched in 2010 on the ground floor of a historic dwelling in the Fashion District.

"It's mainly people interested in graffiti art, but we also supply to the city for some of the city murals, professional muralists, art students and people in the movie industry for back sets."

Although Homebase carries books, clothing and collectible Japanese toys, its customers come mostly for the high-end European spray paint available in more than 250 colours.

"It is made for artwork," said the owner, who prefers to be known by his one-word tag.

"You can't buy this spray paint at Home Depot or Canadian Tire or Walmart. They normally carry just the primary colours; we have everything in between and that's what's popular — the lime greens, the hot pinks, neons, teal greens and teal blues.

"Street art and graffiti art is getting more popular, so business is picking up ... and I have an unlimited supply of paint for myself."

Skam's work has been featured in galleries, and he has collaborated with brands like Louis Vuitton, Google and Rogers. TORSTAR NEWS SERVICE

Mr. Fix-It

Businesses and residents routinely employ Skam to get rid of "the junior stuff, the tags done by 13-year-olds."

- "People hire me to go over the vandalism, because if they just go over with a blank wall and blank paint, within 24 or 48 hours it's going to get hit again with bad graffiti.
- "If they get someone who is famous and has respect, they get a piece of artwork and the younger kids don't go and tag over it."

Alleged murder-for-hire. Puerto Rican woman accused in Canadian husband's death arrested

A woman accused of hiring someone to kill her wealthy Canadian husband — Adam Anhang — on the U.S. Caribbean island of Puerto Rico was arrested on Sunday in Spain after being sought for five years in the alleged murder-for-hire scheme.

Moises Quinones, the FBI's spokesman in Puerto Rico, said Aurea Vazquez Rijos was arrested by the Spanish police at an airport in Madrid. The Puerto Rican suspect was taken into custody as she was getting off a flight from Italy, where she has lived for years and gave birth to another man's twins.

Abe Anhang, the victim's father, said authorities told him that Vazquez's sister and her former husband have also been charged and arrested in Puerto Rico in connection with his son's killing in 2005.

"We're hopeful that after such a long time that justice will be done," Abe Anhang said.

Adam Anhang, 32, was beaten and stabbed to death in a popular tourist district of the Puerto Rican capital in September 2005 as he walked with Vazquez.

THE ASSOCIATED PRESS

The charge

A U.S. grand jury charged Vazquez in 2008 with offering a man $3 million to kill her husband, real-estate developer and Winnipeg native Adam Anhang.

Puppets4All

Palestinian show is right up Israel's Sesame Street

Puppeteers from the Israeli version of Sesame Street are protesting Israel's closure of a Palestinian puppet festival. Israeli police shut down the Palestinian national theatre in Jerusalem last week and cancelled the festival.

THE ASSOCIATED PRESS

Statute of limitations up

Ex-Elmo puppeteer free of 3 lawsuits

A judge has tossed out three lawsuits brought by men who said former Elmo puppeteer Kevin Clash sexually abused them when they were underage. The judge said the claims came more than six years after each man should have become aware of Clash's alleged violations. THE ASSOCIATED PRESS

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Egypt's military standing by

'The people's demands.' Mohammed Morsi gets 48-hour ultimatum to reach agreement with his opponents

Egypt's military gave a "last-chance" ultimatum on Monday to President Mohammed Morsi, giving him 48 hours to meet the demands of millions of protesters in the streets seeking his ouster, or the generals will intervene and impose their own plan for the country.

The military's statement, read on state TV, put enormous pressure on Morsi to step down. Giant crowds demanding his departure in cities around the country for a second straight day erupted into delirious parties of celebration. But any army move against Morsi after the two-day deadline risks a backlash from Morsi's Islamist backers, including his powerful Muslim Brotherhood and hardliners, some of whom belong to former armed militant groups.

After the army statement, multiple officials of Morsi's Muslim Brotherhood insisted that the military and street protests cannot overturn the legitimacy of the president's election. An alliance of the Brotherhood and other Islamists read a statement at a televised press conference calling on all people "to rally in defence of legitimacy and reject any attempt to overturn it."

The army's stance also raises an unsettling prospect for many of Morsi's opponents as well — the potential return of the military that ruled Egypt directly for nearly 17 months after the fall of autocrat Hosni Mubarak. During that time, many of those now in the anti-Morsi campaign led protests against military rule, angered by its management of the transition, including killings of protesters. THE ASSOCIATED PRESS

Quoted

"Any coup of any kind against legitimacy will only pass over our dead bodies."

Mohammed el-Beltagi, a leading Muslim Brotherhood figure, to a rally

Egyptian women react in Cairo on Monday to the military's 48-hour ultimatum for President Mohammed Morsi and opposition leaders to reach an agreement. AMR NABIL/THE ASSOCIATED PRESS

City, state and nation mourn firefighters

Prescott, Ariz. Sudden shift in wind direction and speed blamed for boosting erratic blaze

The wife of a firefighter who was killed hugs her father-in-law in front of Prescott Fire Station #7 on Monday.
DAVID WALLACE, THE ARIZONA REPUBLIC/THE ASSOCIATED PRESS

Gambit for survival

- As a last resort, Hotshot crews are trained to dig into the ground and get under a tent-like shelter made of fire-resistant material.
- The hope in that desperate situation is that the fire will burn over them.
- All 19 victims had deployed their shelters, according to Arizona Forestry Division spokesman Mike Reichling.
- Some of the firefighters were found inside them, while others were found outside the shelters.

The Granite Mountain Hotshots practise setting up emergency shelters near Prescott, Ariz., in 2012. CONNOR RADNOVICH, CRONKITE NEWS FILE/THE ASSOCIATED PRESS

As the windblown blaze suddenly swept toward them, an elite crew of firefighting "Hotshots" desperately rushed to get out their emergency shelters and take cover under the heat-resistant fabric.

By the time the flames had passed, 19 men lay dead in the United States' biggest loss of firefighters in a wildfire in 80 years.

The tragedy on Sunday evening all but wiped out the 20-member Granite Mountain Hotshots, a unit based in the small town of Prescott, local fire chief Dan Fraijo said as the last of the bodies were retrieved from the mountain. Only one member survived, and that was because he was moving the squad's truck at the time, authorities said.

The deaths plunged the town into mourning, and Arizona's governor called it "as dark a day I can remember" and ordered flags to half-staff.

"We are heartbroken about what happened," said U.S. President Barack Obama. He predicted the tragedy will force government leaders to answer broader questions about how they handle increasingly destructive and deadly wildfires.

The lightning-sparked fire — which had exploded to some 34 square kilometres by Monday morning — destroyed about 50 homes and threatened 250 others in and around Yarnell, a town of 700 people in the mountains about 137 kilometres northwest of Phoenix, the Yavapai County Sheriff's Department said.

Residents huddled in shelters and restaurants, watching their homes burn on TV as flames lit up the night sky in the forest above the town.

It was unclear exactly how the firefighters became trapped. Southwest incident team leader Clay Templin said the crew and its commanders were following safety protocols, and it appears the fire's erratic nature simply overwhelmed them.

Brian Klimowski, meteorologist in charge of the National Weather Service's Flagstaff office, said there was a sudden increase and shift in wind around the time of the tragedy. It's not known how powerful the winds were, but they were enough to cause the fire to grow to about 800 hectares from 80 in a matter of hours. THE ASSOCIATED PRESS

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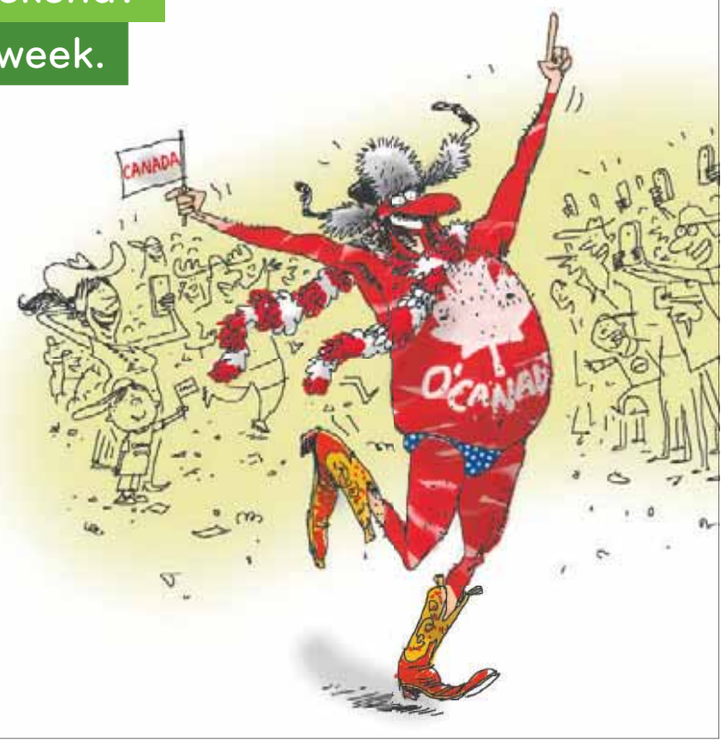

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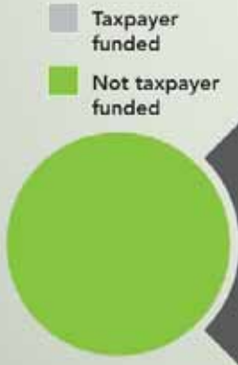

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[1] Billy Bishop Toronto City Airport (YTZ) Economic Impact Study, InterVISTAS Consulting Inc., October 25, 2012

NSA leak. Everybody's doing it, says Obama of eavesdropping claims

U.S. President Barack Obama brushed aside sharp European criticism on Monday, suggesting that all nations spy on each other as the French and Germans expressed outrage over alleged U.S. eavesdropping on European Union diplomats.

American analyst-turned-leaker Edward Snowden, believed to still be at Moscow's international airport, has applied for political asylum to remain in Russia. Russian President Vladimir Putin, in a statement he acknowledged sounded odd, told reporters in Moscow that Snowden would have to stop leaking U.S. secrets if he wanted asylum in Russia. He added Snowden seemed unwilling to stop publishing leaks of classified material. At the same time, Putin said that he had no plans to turn Snowden over to the United States.

Obama, in an African news conference with Tanzanian President Jakaya Kikwete, said the U.S. would provide allies with information about new reports that the National Security Agency had bugged EU offices in Washington, New York and Brussels. But he also suggested such activity by governments would hardly be unusual.

"We should stipulate that every intelligence service — not just ours, but every European intelligence service, every Asian intelligence service, wherever there's an intelligence service — here's one thing that they're going to be doing: They're going to be trying to understand the world better, and what's going on in world capitals around the world," he said. "If that weren't the case, then there'd be no use for an intelligence service." THE ASSOCIATED PRESS

Unexpected ultimatum

"If he wants to stay here ... he must stop his activities aimed at inflicting damage on our American partners."

Russian President Vladimir Putin, on allowing Edward Snowden to stay in Russia

Alberta town flooded with willing volunteers

Lyndee Kehler, left, Natasha Puka and Nicole Swanson raise their beers in celebration of Canada Day after spending the day volunteering in the flood-ravaged community of Mission, Alta. Despite Mayor Naheed Nenshi's suggestion that Calgarians swap their rubber boots for party shoes in celebration of Canada Day, many local volunteers refused to take a day off from helping neighbours in need. The particularly hard-hit community of Mission was abuzz Monday with dozens of volunteer restoration crews. ALLISON PARDER/FOR METRO

Same-sex marriages

Gay U.S. couple the 1st to receive benefits: Lawyer

A Bulgarian graduate student and his American husband are the first gay couple in the U.S. to have their application for immigration benefits approved after the Supreme Court's landmark ruling last week on same-sex marriages, their lawyer said.

The approval means that Traian Popov, here on a student visa, will be able to apply for a green card, and eventually citizenship. But his marriage to Julian Marsh, performed in New York, still won't be recognized in Florida, where they live. Last week's pair of rulings left a patchwork of laws in place across the country regarding gay marriage.

"It's unbelievable how that impacts you," Marsh said Sunday. "They make you feel more and more like a second-class citizen, and they don't want you. And that's how I feel about Florida." THE ASSOCIATED PRESS

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Vancouver Flights + 3 Nights $854
Inn at False Creek
INCLUDES accom near Granville Island. Departs Aug 26/ggv/ws. UPGRADE to 4-star Rosedale on Robson Suites for $22 per night. ADD coastal rainforest adventure for $111.

Los Angeles Flights + 3 Nights $894
Hotel Angeleno
INCLUDES boutique accom downtown. BONUS free WI-FI included. Departs Aug 25/ggv/aa. ADD TMZ Hollywood tour for $81.

Honolulu Family Special Flights + 7 Nights $1025◊
Miramar at Waikiki
INCLUDES Waikiki accom. Departs Price per person based on family of 4. Departs Sep 3/wsv/ws.

Flights + Europe

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‘Hell or High Water’.
Singer creates unofficial anthem for Alberta floods

As residents clean up and rebuild from the flooding that has swamped Calgary and other parts of Alberta, a Canadian artist has created what he hopes will become an unofficial anthem of the flood of 2013.

“Hell or High Water” was a phrase that was bandied about social media in connection with the Calgary Stampede.

The catch phrase has now become the title for a song done by Canadian musician Marc Martel — a Juno award winner and performer at the 2013 TransAlta Grandstand Show at the Stampede — and a group of local artists in Calgary.

The group has allowed the song to be downloaded for free from the event’s website. www.CalgaryStampede.com/highwatersong

THE CANADIAN PRESS

New York

Diplomat, wife ousted from club over breastfeeding

A Belgian diplomat says he and his wife were kicked out of a members-only New York restaurant because she was breastfeeding.

Tom Neijens, his wife and daughter went to the Metropolis Country Club in White Plains for lunch on June 8.

Neijens says that when his wife began to breastfeed, a manager asked them to leave because they were disturbing the members. The incident was resolved when Neijens produced State Department-issued identification.

The New York Post reported that club members told police they thought the couple were terrorists because they had a black backpack.

THE ASSOCIATED PRESS

Bikes make mark during Quebec’s Moving Day

Benoit Robillard, who works for Demenagement Myette, a Montreal company that does moves by bike, moves a load in Montreal on Sunday. In Quebec, July 1 is not only Canada Day, it’s also known as Moving Day.

BENJAMIN SHINGLER/THE CANADIAN PRESS

Tradition. July 1 is known as Moving Day for thousands of renters in the province whose leases expire at the end of June

Having moved a dozen times before, Pascal Chavannes thought he’d try something a little different this year.

The Montrealer and his girlfriend hired a company that shuttled their collection of appliances by bike.

“It seemed fun and ecological, and it was a bit cheaper,” Chavannes said as he took a break from shuttling the last few boxes down the winding staircase from his apartment, in the city’s trendy Plateau neighbourhood.

“At least it changes the dynamic a little bit, because it gets boring. Moving is boring.”

In Quebec, it can also be chaotic.

July 1 is not only Canada Day in La Belle Province — it’s also known as Moving Day for thousands of renters whose leases expire at the end of June. The tradition dates back to 1750, when the summer moving date was mandated to avoid having tenants evicted in the middle of the province’s harsh winters.

THE CANADIAN PRESS

On your bikes

Lately, a team of cyclists has also joined the fray of Moving Day.

- Demenagement Myette, a moving company founded in 2008 by cyclist Julien Myette, has quickly gained a reputation.
- Derek Colley, a mover with the company, argues the practice is not only practical, but also cheap.

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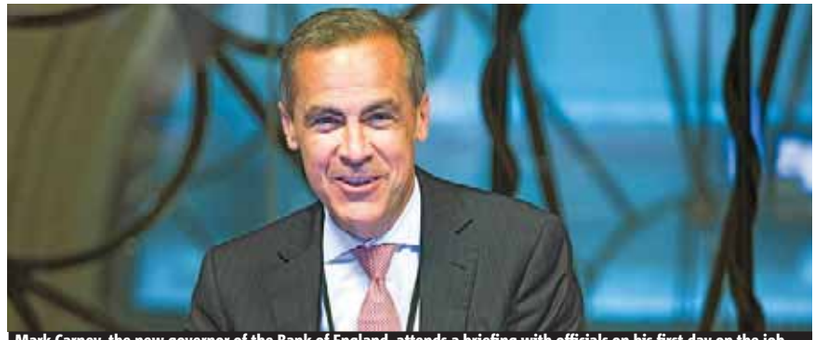

Mark Carney, the new governor of the Bank of England, attends a briefing with officials on his first day on the job inside the central bank's headquarters in London on Monday. JASON ALDEN/POOL/THE ASSOCIATED PRESS

It's Canada's day at the Bank of England

Auspicious start date.
Mark Carney kicks off new job in London amid high expectations

Canadian Mark Carney, the first non-Brit to run the Bank of England in its 319-year history, has started work amid hopes that he can help revive the economy.

Carney beamed as he arrived by Underground before 7 a.m. on Monday. Looming on his agenda is a Monetary Policy Committee later this week. The nine committee members will discuss whether to expand a stimulus plan that has pumped about $600 billion into the economy since 2009.

The economy is still struggling. It grew just 0.3 per cent in the first quarter this year compared with the previous quarter.

The 48-year-old former governor of the Bank of Canada has been lauded for steering Canada through the 2008 financial crisis and for overseeing the fastest recovery of any G8 country. THE ASSOCIATED PRESS

Debit-card fees

McDonald's franchise offers more payroll options after suit

A McDonald's franchise in Pennsylvania promised to give employees more payment options after it was sued by a former employee who said she was charged a fee to access her wages from a debit card.

Employees of 16 McDonald's restaurants in northeastern Pennsylvania will be given the option of getting paid via direct deposit or paper cheque, a company spokeswoman said Monday. They'll also continue to have the ability to use payroll cards.

In her lawsuit, ex-employee Natalie Gunshannon said she was charged $1.50 to withdraw cash. THE ASSOCIATED PRESS

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BREAKING BREAD OR DEAL-BREAKING?

SHE SAYS

Jessica Napier
metronews.ca

People are funny about food: They can be picky or paranoid or entirely self-righteous about the types of things they put in their mouths and the manner in which they do it. It helps when we find a partner who complements our own eating habits, or at least someone who doesn't make a big deal about our neuroses.

Partners can influence each other's dietary preferences, for better or worse. My health-conscious boyfriend has turned me into a person who always orders a vegetable side dish so that I have something green at every meal. In turn, I introduced him to the concept of brunch. But while it might be nice to encourage each other to embrace better nutrition or be more adventurous with our palates, some extreme eating habits are hard to handle.

Could a carnivorous meat lover ever successfully date a vegetarian? What about a vegan? And how long would any of us last with an obsessive carbohydrate-phobic calorie counter?

At what point does one's food preferences become a relationship deal-breaker?

Our attitudes about what we eat can change and evolve, but culinary choices also reflect the type of lifestyle we want to lead. Food can be ideological and sometimes people can become fanatical about preaching their dietary dogma at the dinner table. Anyone who has ever suffered through a meal with a "Paleo" dieter or a Weight Watchers acolyte understands how annoying this can be. Don't get me wrong: It's not that I don't applaud efforts to lose weight or become healthy. I just don't want to hear a sanctimonious speech about how many "points" are in a slice of cheesecake as I'm ordering it.

When it comes to dietary habits, there has to be some common ground. You might think it shallow to place so much value on food preferences — it's just caloric energy, after all — but if he's all kale and quinoa and your heart pines for processed-cheese slices and red meat, it's going to be a lot harder to make it work.

Culinary compatibility might not be the most important thing when it comes to searching for a long-term life partner, but it's definitely a nice bonus. Sharing a nice meal together is one of my favourite activities, and it's just so much more satisfying when both parties can agree on a restaurant choice. Then again, Jack Sprat could eat no fat and he and his wife found a way to make it work.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Celebrity facemash

Mashup photography

Recognize these famous faces?

Marc Ghali has a knack for spotting look-alikes from history. In his series Then and Now, the Toronto-based graphic designer combines the faces of celebrities to create striking mashups of Princess Diana and Kate Middleton, and Malcolm X and Barack Obama, among others.

Q&A

"Like solving a human puzzle"

MARC GHALI
Freelance designer/media content manager, 30, from Toronto

How would you describe your photos?
I would use just one word: Juxtapose.

It must have taken you a long time to find similar celebs and compositions in the original photos.
It took hours of research, trial and error. It was like solving a human puzzle. I had several ideas of how to fit the pieces together, but at times it became difficult.

These pictures suggest that the doppelgängers share and take on each other's personal identities ...
People naturally have a tendency to compare public figures to their historical equivalents, in music, sports, entertainment and politics. The last great person to do anything is always a measuring stick for the ones who follow. I think doing it visually creates a stronger emotional reaction and allows you to challenge your thinking.

METRO WORLD NEWS

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Music and audiobooks are all well and good, but sometimes the daily commute, stroll or bubble bath can be the perfect opportunity just to learn something. Here are a few philosophy podcasts to help expand your horizons. Or just leave you baffled.

There's a vast range of topics available in the iTunes archive of the John Locke Lectures held every year at Oxford University. GETTY IMAGES

Point of Inquiry:
Journalist Chris Mooney and neuroscientist Indre Viskontas welcome a revolving door of very smart guests such as Mary Roach and Neil deGrasse Tyson to talk ethics, philosophy and science from a skeptic's point of view.

John Locke Lectures:
Held every year at Oxford University, the John Locke Lectures consist of six-part stem-winders that have been delivered by some of the world's most distinguished academics. Sadly, the audio lives up to the name because it sounds very much like a lecture hall. But the wide range of topics available in the iTunes archive is fascinating.

In Our Time:
While it may be unfair to call this BBC institution a philosophy show, Melvyn Bragg's panel series covers every conceivable aspect of science and history, including great works and those who wrote them.

Twitter

Oh!! Canada? Oh CANADA! Oh? Canada... etc #CanadaDay"

@BrentButt: HAPPY CANADA DAY! Gonna throw a couple pucks on the BBQ, tip back a few rye'n'maplesyrups, and just relax around the igloo cranking RUSH.

@TypeACubed: Peanut Butter, wonderbra, bag tags etc >> 19 Things You Might Not Know Were Invented in Canada http://zite.to/1b1PBtf via @zite

@Cmdr_Hadfield 7h: Punctuation optional, prideful bemusement pervasive. "@stephenfry: Oh,Canada!

@PMJAMacdonald: Another annexation-free year is complete! Happy Dominion Day everybody!

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DVD Reviews

56 Up

Stars. Michael Apted
Directors. Michael Apted, Paul Almond

The good news about 56 Up, the latest in Michael Apted's septennial life assessments: the series' 13 well-scrutinized participants are all still alive and mostly content. The bad news: what they're doing isn't all that interesting. More than ever in this seventh edition, the Up people seem to be living bland lives of quiet desperation. One exception is Liverpudlian Neil Hughes, the lost soul of the Up brigade. He's struggled through ups and downs that left him homeless at 28 and still restless at 56.

I Declare War

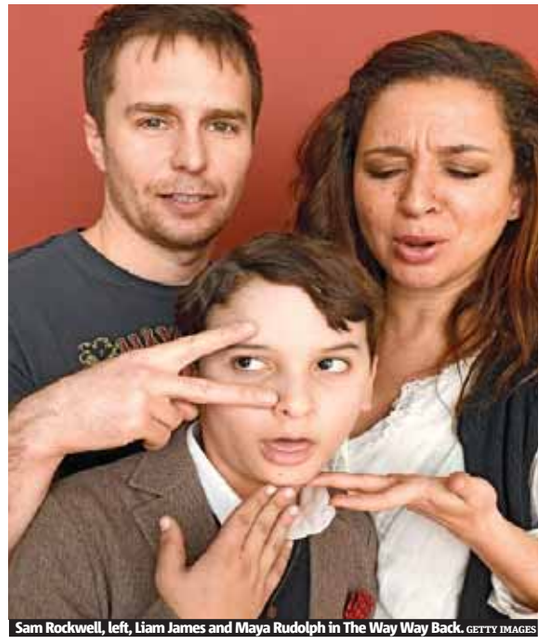
Stars. Siam Yu, Gage Munroe
Directors. Jason Lapeyre

I Declare War zips along like bullets fired from a child's machine gun. Reactions are equally kinetic, as we try to figure out if we're watching reality or fantasy. It's about a game of neighbourhood Capture the Flag staged by military-minded kids, all about age 13, that turns deadly serious. It may also turn physically deadly, because we see them using what appear to be real guns, grenades and rough instruments of torture. We only hope that the kids are engaged in a violent fantasy. **PETER HOWELL**

How Mrs. Funbags made a comedy

On-set antics. With playful Sam Rockwell and ad-lib inclined directors and writers, Maya Rudolph had lots of fun making The Way, Way Back

NED EHRBAR
Metro World News in Hollywood



Sam Rockwell, left, Liam James and Maya Rudolph in The Way Way Back. GETTY IMAGES

Maya Rudolph has learned to be careful about giving herself a nickname around Sam Rockwell, as he apparently would not stop working one particular moniker into conversation during interviews for The Way, Way Back, their new comedy.

"I referred to myself earlier in the afternoon as Mrs. Funbags, and it has not seemed to cease — which by the way, I'm very happy about it," she says. "Not to mention it came out of my mouth. But I'm enjoying it. I hope when we're 80 I am known as Funbags."

Goofing off comes naturally. Most of the adult cast of The Way, Way Back — including Rockwell, Steve Carell, Allison Janney, Rob Corddry, Amanda Peet and Toni Colette — have backgrounds in improvisation, which was handy since co-writers and directors Nat Faxon and Jim Rash are big improvisers themselves.

"It's more just like a natural part of Jim and Nat, so I knew it would come out here and there," Rudolph says. "But it wasn't necessarily like a Waiting for Guffman, like a completely improvised movie — although that would be fun, too. It's just a natural ... weapon. You bust it out. It's like nunchuks. I always carry nunchuks."

Yes, she insists, comedy is a weapon. "Sometimes a delicate weapon."

Rudolph and her co-stars speak fondly of their experience filming The Way, Way Back, which is understandable since the film — set during summer vacation in a Massachusetts beach town — was also filmed during summer vacation in a Massachusetts beach town.

"It was rough, getting paid to eat lobster rolls," Rudolph offers. "Yeah, New England summer is really pretty idyllic. Especially being there for the Fourth of July and being there with friends. (Faxon and Rash) wanted this experience to be what summers growing up on the East Coast were supposed to be. You really felt that the whole time we were making it.

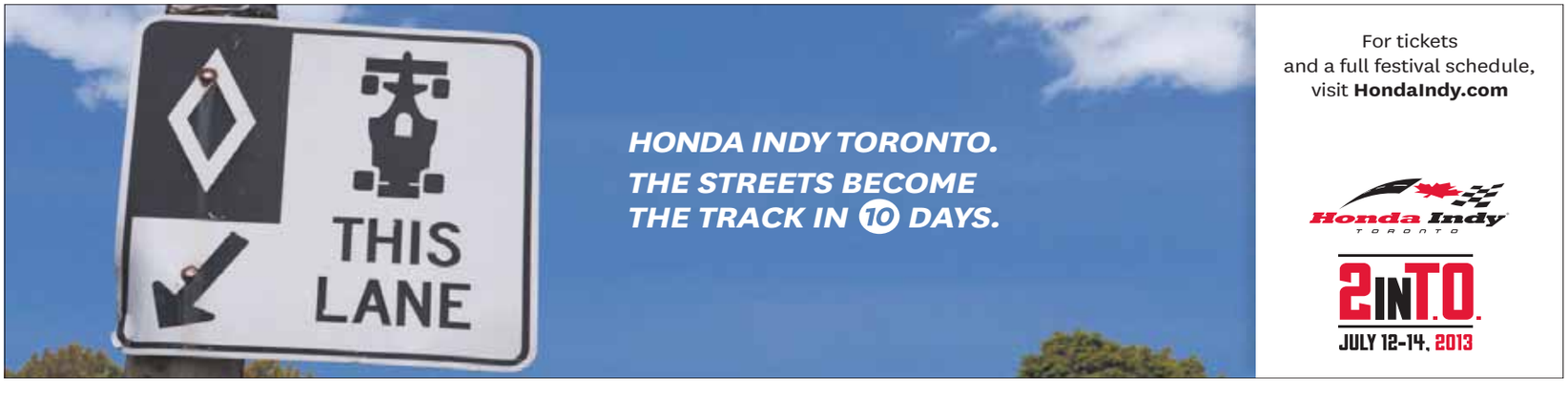
"I think East Coast people — New Englanders especially — really appreciate summer. They don't take it for granted like we do out (in California). It's like, 'Let's do this! It's time to get wet and burned and eats some stuff.' And then it's going to get cold again."

Teen in the mix

Old helping the young. The Way, Way Back is a coming-of-age story for its 14-year-old protagonist, Duncan (Liam James), and on the set of the film James — who was 15 during the shoot — had an impressive handful of adult actors to help him come of age himself. At least Maya Rudolph tried to keep it clean.

Maya Rudolph's method. "We got into some stupid (iPhone) apps. That was my contribution to his youth, I introduced him to stupid apps," she says of her time goofing off with James. "There was a photo one, maybe it was OldBooth. I always turn people on to OldBooth. It's the one where you can stick your face into an old high school photo — like '50s, '60s portraits — and then you have, like, a crazy afro. It's really enjoyable and it's G-rated."

SCENE2



THANKS TORONTO FOR SHOWIN

Raising red-and-white spirits

1 Kim McGinnin of Brantford takes in the Jays game on Monday at the Rogers Centre while wearing her Canada Day shades and hat.
RICK MADONIK/TORSTAR NEWS SERVICE

2 Hundreds gather for a "living flag" demonstration at Calgary's Shaw Millennium Park on Canada Day.
JEREMY NOLAIS/METRO IN CALGARY

3 A First Nations dancer performs on Monday as the London, Ont., community celebrates Canada Day in Harris Park.
MIKE DONACHIE/METRO IN LONDON

4 Members of the Indonesian community entertain the crowd as they participate in the Canada Day parade in Montreal.
GRAHAM HUGHES/THE CANADIAN PRESS

5 Carly Rae Jepsen takes a photo with fans after she performed at the Canada Day celebrations in Ottawa.
FRED CHARTRAND/THE CANADIAN PRESS

6 Winnipeg's own Dancin' Gabe took off his dancing shoes and donned his finest Canada Day attire for a walk down Osborne Street on Monday.
SHANE GIBSON/METRO IN WINNIPEG

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Starring in a Johnny Depp movie

Armie Hammer. Actor talks about cracking wise and his role in the Lone Ranger

NED EHRBAR
Metro World News in Hollywood

Armie Hammer doesn't have a future as a stand-up comic. Just minutes before I sit down for a chat with the Lone Ranger star, he attempted a joke in front of a packed press conference, Johnny Depp by his side. It did not go well.

"What do you call 64 Cherokee in a room?" he asked, interrupting Depp. "Full blood!" His punchline, unfortunately, was met with a frosty, confused silence. "That was told to me by a Comanche, so it's a safe joke," he offered.

So after that, I have to ask what your unsafe jokes are like.
Oh, no, no. I'm afraid I'm already going to get in enough trouble probably for that safe joke.

Armie Hammer, left, in the Lone Ranger. HANDOUT

Did that feel like it didn't quite go over well?
I think it went over as best as could be expected. It's a cold room.

You're the title character here, but this is very much a Johnny Depp movie. Is there any ego-checking you need to do to get used to that idea?
He's been involved in this movie since 2006. I mean, if I actually went into it with the idea of, "I'm playing the Lone Ranger, this is my movie," then I probably would've had to go through some kind of process, but I was just happy to be there working.
Even if they'd just been like, "You only have to work 50 days on this movie" — which I definitely didn't have to do, I had to work a s—load, but it was great, every minute of it.

You've got your classic western hero, plus you've done the all-American G-man in J. Edgar, the Harvard twins in the Social Network and Prince Charming in Mirror, Mirror. Are you worried at all about typecasting?
Not really. I think that's just how people see me, which is fine. I mean, I'm not complaining by any means.
It looks like I've been doing OK with it in terms of getting jobs. I'm not worried about getting typecast because I don't really think about types when I choose a movie. For me it's just more important about who's involved.

Are there roles that are more against type for you that you've been dying to play?
I'm sure I could do that actor masturbatory thing of, "I'd love to get face tattoos and shave my head." I don't know, I'll take whatever job has a great director and a great script.

All about the chemistry

Meeting Armie Hammer, it's very, very hard not to like him. The man is charming, polite and intensely good-natured. Coincidentally, that's exactly how he feels about his Lone Ranger co-star, Johnny Depp. And it's those shared traits that create the chemistry between the Lone Ranger and Tonto necessary for the film to work. "I would say that it's 90 per cent just that we're both generally agreeable people and 10 per cent that almost everyone else that you deal with in this business sucks," Hammer says. "You can smell that s— when someone's working with someone they don't actually like."

Cinema Review

Despicable Me II

Stars. Steve Carell, Kristen Wiig

Directors. Pierre Coffin, Chris Renaud

Despite the humdrum story Despicable Me 2 is great fun. Former villain Gru (Steve Carell) is now a doting single father lured back into the life, but this time working for the Anti Villain League with partner (and love interest) Lucy (Kristen Wiig). The predictable plot could have written itself, but the inventive gags contained within are the reason to take the whole family.

RICHARD CROUSE

Chelsea knows family fun!

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Paula Deen

Don't lose your appetite: Deen's buns requested outside of the kitchen

Know what's grosser than watching Paula Deen slather her food with butter and grease? Watching Paula Deen slather her naked body with butter and grease. We're sincerely hoping that the disgraced food empire queen doesn't accept a recent job offer she reportedly just received from a porn site. If Paula Deen accepts a job offer from a porn site, we're cancelling the Internet.

According to TMZ, an adult website called PureMature.com (it specializes in geriatric sexy times) sent Deen a letter offering her a six-figure (seriously?) gig. In said letter, Deen was praised as their ideal star: "Full figured or thin, arthritic or diabetic ... you embody our perfect spokesperson."

Ace of hearts: Stork brings baby boy for Simpson

Jessica Simpson's daughter has a new playmate — a baby brother named Ace.

Simpson's rep confirmed that the entertainer gave birth to Ace Knute in Los Angeles on Sunday via planned C-section. The details were first reported by Us Weekly.

This is the second child for Simpson and her fiancé, Eric Johnson. Simpson gave birth to daughter Maxwell last year.

Simpson, who got her start as a singer and has a successful apparel and accessories line, most recently appeared on NBC's Fashion Star.

THE ASSOCIATED PRESS

Lopez loses cred for crooning to infamous dictator

Jennifer Lopez

Jennifer Lopez is under fire for performing a private show in the former Soviet bloc country of Turkmenistan (including a rendition of Happy Birthday, Mr. President) for the country's leader, Gurbanguly Berdimuhamedow — who is apparently not a cool guy.

And by not a cool guy, we mean that Human Rights Watch have named him as being "among the most repressive (leaders) in the world" and that he's known for rampantly violating human rights and torturing people.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop Goes the Week

Kardashian conspiracies and boy band beatdowns

STARGAZING
Malene Arpe
scene@metronews.ca

• Singer Aaron Carter, brother of Backstreet Boys' Nick Carter, claims he got beat up in Boston by grown men yelling, "this is the town of the New Kids." You'd think the Wahlbergs would have better things to do.

• Jim Carrey says he cannot in good conscience support his new movie Kick-Ass 2 due to the level of violence.

In unrelated news, Will Smith admits he can no longer support After Earth due to the level of terrible.

• Arnold Schwarzenegger will play a leading role in an upcoming zombie movie. Possible tag lines include:
1) "Hasta gnaw vista, baby."
2) "If it bleeds, we can eat it."
3) "Put that brain down. Now."
4) "It's not a tumour. But if it is, I'll eat that too."
5) "Consider cat a first course."
6) "I'll be snack."

• Kim Kardashian reportedly mails her friends some photos of a random baby in a clever attempt to find out who of them might try to sell the pictures. Coming up next week on Solving Pre-Crime With The Kardashians: Who will steal Kris's new wig? What are the spies living in Bruce Jenner's car looking for? If every family member wears a mask resembling another family member and then rob a bank, will that make them more or less creepy?

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LIFE 3

How to fix your metabolism

Food. Nutritionist Haylie Pomroy's bestselling The Fast Metabolism Diet claims to trigger weight loss by rotation of food groups — she even lets you eat carbs. Yep, carbs.

ROMINA McGUINNESS
wellness@metronews.ca

"A high-protein, low-fat, low-carbohydrate diet will just slow your body down," warns J.Lo's nutritionist Haylie Pomroy, author of The Fast Metabolism Diet, a 28-day program designed to heal broken mechanisms in the body.

The plan requires you to eat three different ways a week, for four weeks.

And it claims it could help you lose up to 20 pounds in that time.

"The systematic rotation of targeted foods on specific days and at strategic times will help your body become more efficient at converting food into energy, which is basically what your metabolism is," she explains.

When on the diet you must

1. Eat 5 times a day: 2 snacks & 3 meals
2. Eat every 3 to 4 hours when awake
3. Eat within 30 minutes of waking
4. Stay on the plan for the full 28 days
5. Stick to the foods allowed in each phase
6. Drink half of your body weight in ounces of water, every day

Day 1&2: Phase 1

HIGH CARB + LOW FAT + MODERATE PROTEIN = UNWIND STRESS

"The first thing we need to do is calm the body down and we do so by flooding it with tons of easily accessible nutrients. When we're under a lot of biological stress such as weight gain, we tend to crave junk food as the quick infusion of sugar is very soothing," Pomroy tells Metro.

In this phase, you get to eat plenty of natural sugars (found in complex carbohydrates and high-glycemic fruit and vegetables) to stimulate the endorphins in your brain and help pull your body out of an adrenal crisis.

"However, we keep our protein and fat intake very low, as getting energy out of them requires a lot of effort," she adds.

FOOD LIST
Sweet potato, kale, pineapples, cherries, mangos, brown rice, spelt pretzels, corned beef

DAY 3&4: Phase 2

HIGH PROTEIN + LOW CARB + LOW FAT = UNLOCK FAT STORES

Here, the focus is on lean proteins and high fibre vegetables that will push your metabolism to lay down muscle and access fat for fuel.

"Muscle is built from amino acids, which come from the breakdown of consumed protein. But in order to metabolize protein in the first place, your body needs the nutrients from fat," says Pomroy.

And assuming we provided very little of it in phase one, the only place to go is your own fat stores.

"Many high protein diets cause your body to become very acidic, which can trigger inflammation, bad digestion and pain. So we balance that with tons of alkalizing vegetables to regulate the body's PH and make the protein easier to digest," she adds.

FOOD LIST
Asparagus, oysters, chicken, salmon, egg whites, Tabasco, lemons, raw cacao powder.

DAY 5-7: Phase 3

UNLEASH THE BURN: HIGH FAT+ LOW CARB +LOW PROTEIN = THE BURN

"All week, we've been supplying our bodies with nutrients from carbs, green vegetables and lean protein and in the absence of dietary fat, the body has turned to its own stores in order to build muscle. We now make the fats really high because ironically, eating fat after not eating it for a few days makes you burn it like crazy. This is an intense phase in the sense that we're asking our body to be super efficient at converting fat into fuel," explains Pomroy.

This is why we then go right back to phase one, where nutrients from food are once again easy to access. Repeat this three-phase cycle for 28 days.

FOOD LIST
Avocados, coconut, cranberries, eggs, pistachios, olive oil, pecans, hummus.

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It's a slippery slope, not all the cooking oils are created equal

Health options.
Weight loss author walks you through the best oils to use and dispels myths when it comes to the kitchen

LINDA CLARKE
Metro World News

With so many cooking oils on store shelves, which is the best for you?

Registered dietician Marla Heller, author of The DASH Diet Weight Loss Solution and The Everyday Dash Diet Cookbook, gave us the slick truth.

Olive oil

"I always go with what's been proven over periods of time," Heller says. "In the Mediterranean, there are lower rates of heart disease and breast cancer, and they use olive oil. It's monounsaturated — the kind that's healthiest."

The wonder pour's only caveat?

"It shouldn't be heated to high temperatures," she says.

Soy, corn and canola oil

"These can be used for higher-temperature cooking, and are neutral-tasting oils, so they're good for baking," Heller says.

But don't go crazy.

"You don't want to use these too often because they're high in Omega 6, which is a polyunsaturated oil and is thought to raise inflammation. (Inflammation) is behind so many diseases, including heart disease."

Get informed about using cooking oils. ISTOCK PHOTOS

Sunflower oil

"This is high in polyun-saturated fats, which in the 1970s were thought to be healthy," she says. "Polyunsaturated do lower blood cholesterol, but the thinking now is that they potentially increase inflammation. Personally, I'm skeptical."

Coconut oil

"There's been a lot of hype about it over the past few years," Heller says. "It has a high level of saturated fat. Places where it's used as a main source for cooking have a higher level of obesity, diabetes and heart disease. I think it can be problematic for people with high cholesterol."

More from Heller

On some popular oil supplements.

- **Flaxseed.** Not so fast, she says. "I'm a fence-sitter on flax. It is high in alpha-linolenic acid, which is essential for health and is anti- inflammatory. But the body isn't going to convert as much ALA from flax as it is from fish oils."
- **Evening primrose.** Used as a supplement, "It has proven to have benefits."

More food rules

No dairy. The rate of sugar delivery in lactose (milk sugar) is way too fast and the animal-based fat way too high.

No soy. Most soy is genetically modified, making it harder for your body to break down. **It's also high in estrogen, which can increase belly fat.**

No corn. It's a big reservoir of sugar that equals quick fat.

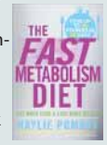
No wheat. It's very hard for your body to digest and extract its nutrients.

No refined sugar. It's a concentrated source of quick energy, making it hard for your body to maintain stable blood-sugar levels.

No caffeine. It stresses your adrenal glands and pushes the body past its healthy state of energy.

No alcohol. Which is very high in sugar.

No dried fruit or fruit juices. the sugar concentration is too high and the fibre too easy to break down.



Exercise for dieting

1 At least one day of vigorous cardio, like running or an upbeat aerobic-based exercise class.

2 At least one day of strength training with weights.

3 At least one day of a stress-reducing activity such as yoga.

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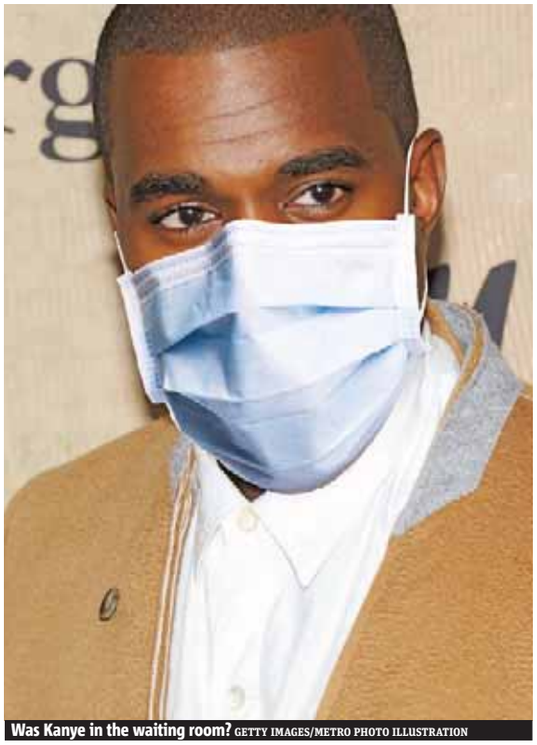
APOTEX
ADVANCING GENERICS

Delivery-room dads: Accessory or necessity?



Was Kanye in the waiting room? GETTY IMAGES/METRO PHOTO ILLUSTRATION

Trend. Men used to be kept well away from the delivery room. Now, they're guilt-tripped if they're absent during birth. Experts tell Metro why there's no real need for your partner to see you push.

ROMINA MCGUINNESS
romina.mcguinness@metro.lu

When rapper Kanye West let slip that he may not be in the delivery room when his girlfriend, reality TV star Kim Kardashian, gave birth, because "he's very squeamish and doesn't want to be around blood," fans were quick to judge.

One comment on Yahoo.com, read, "That dude weak as #@%$. Studio gangsters these days."

Their baby girl was born on June 15th, five weeks early, and rumour is, he was there. But does a man need to be in the delivery room?

Men and the pressure

These days, dads are under a lot of pressure to be more involved in general, Dean Beaumont, author of The Expectant Dad's Handbook, tells Metro: "Society has changed to a point that they're expected to be present during childbirth."

Lucy Jolin, spokesperson for the Birth Trauma Association and mother of two, believes that it should be up to the couple to decide whether or not the man should be by a woman's side, but that ultimately, the father's presence isn't imperative.

"Obviously, the woman has to be happy with her partner not being there — otherwise, it's resentment. In many cases, the partner is very happy to be. But in some cases, that person may feel very uncomfortable. What you witness is someone that you love in a great deal of pain and sometimes it can be extremely bloody and disgusting. If a man is squeamish, you can't laugh that off," she says.

The hormones of labour and birth

If a man feels very strongly that he doesn't want to be there, and knows he will panic, then he could be more of a hindrance than a help.

"It's best for him to stay away because otherwise he's effectively bringing the adrenalin into the delivery room, which could be detrimental to the birth," warns Beaumont.

To explain why, we need to take a look at the physiology of birth.

"The birth hormone, oxytocin, is what gets the contractions going. But the enemy to oxytocin is adrenalin, a hormone produced by fear," he explains.

"So when you hear people talk about birth stalling or slowing, what normally is the case is that they've had a surge of adrenalin."

"This is because a labouring woman is very vulnerable, and once she picks up on her partner's fear, she'll worry and produce her own surge of adrenalin, which will then stall her labour," Beaumont adds.

The optimal birth: + trust = - stress

"What we want in the delivery room is a woman who is happy and relaxed. She can't be worrying about her partner passing out or throwing up.

"It's better to be on your own than with someone who doesn't want to be there," says Jolin. But sometimes it's a physical necessity to have someone else there should the birth not go to plan. "The mother may be unconscious or under heavy painkillers and in that case, she needs to be with someone she trusts. If that's not the man, it can be a close friend, a relative or a doula."

And ... the baby?

Will the baby sense if the father isn't there? Absolutely not, says Jolin. "Up until not so long ago, fathers were kept well away from the delivery room. It's not hugely damaging."

Beaumont agrees, "A baby's head coming through your wife's vagina can be quite extreme. You can be in the room, but there's no need for you to physically watch the birth."

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Treat people with HIV early to help, says WHO

Health happenings.
World Health Organization stresses getting AIDS drugs to HIV patients as early as possible

Director of WHO's HIV department Gottfried Hirnschall.
LAI SENG SIN/THE ASSOCIATED PRESS

Young children and certain other people with the AIDS virus should be started on medicines as soon as they are diagnosed, the World Health Organization says in new guidelines that also recommend earlier treatment for adults.

The advice will have the most impact in Africa, where nearly 70 per cent of people with HIV live. Many rich countries already advocate early treatment. WHO's new guidelines were released Sunday at the International AIDS Society meeting in Kuala Lumpur, Malaysia.

About 34 million people worldwide have HIV, the virus that causes AIDS. HIV attacks key infection-fighting cells of the immune system known as T-cells. When that count drops to 200, people are considered to have AIDS. In the past, WHO recommended countries start treating people with HIV when their T-cell count fell to 350; a normal count is between 500 and 1,600.

The new recommendations say to treat earlier, when the T-cell count hits 500.

In addition to children under five. WHO says several other groups should also get AIDS drugs as soon as they're diagnosed with HIV: pregnant and breast-feeding women, people whose partners are uninfected and those who also have tuberculosis or hepatitis B.

The new guidelines mean an additional nine million people in developing countries will now be eligible for treatment. At the moment, only about 60 per cent of people who need the life-saving drugs are getting them.

"WHO has recognized that time is the most important commodity when it comes to battling the HIV epidemic," said Sharonann Lynch, HIV policy adviser at Doctors Without Borders, which contributed to the new guidelines.

THE ASSOCIATED PRESS

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Whey Better Protein by: Shannon Kadlovski, BA, CNP

When it comes to choosing a protein powder, not all things are created equal. For athletes, as well as for those simply looking to increase their daily protein intake, it is often recommended to consume a daily protein smoothie. This provides increased energy, muscle repair, appetite control, and nourishment to the body. While it is common to consume protein powders for increased health, not all protein powders contain healthy, nourishing ingredients. In fact, some are actually loaded with added sugar, artificial sweeteners, fillers, GMOs, hormones and antibiotics, as well as other artificial and unhealthy ingredients. So, if your intention is to get healthy or stay healthy, you must make sure that you are choosing the right type of protein powder.

When Choosing a Whey Protein Powder Consider These 4 Tips:

1. Choose New Zealand Whey – It is the cleanest and purest whey available. The New Zealand Dairy industry has incredibly high standards for product safety and the humane treatment of their cows. Their cows are never injected with growth hormones, antibiotics, genetically modified organisms, or any other chemicals.

2. Choose a brand with added enzymes such as protease, lactase and amylase – These enzymes help to make the protein more digestible.

3. Choose one that is cold temperature micro-filtered.This ensures the highest quality and biological value.

4. Choose an all-natural brand, free of artificial flavours and artificial colors.

Absolute Smoothie Recipe
1 cup water or coconut water
1 scoop of Absolute Whey protein powder (or 2 tbsp.)
1 tbsp. chia seeds
¼ tsp. matcha green tea powder or ¼ tsp. spirulina powder
½ cup fresh blueberries
½ banana
¼ tsp. cinnamon
handful of kale
* Toss all of the ingredients into a blender and blend until smooth and creamy

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You can keep it Sexty, but follow the rules

It's no secret that overly sexual text messages can turn off a once-promising romantic partner — the opposite of what the texter was hoping to achieve.

When texts get too sexty too fast — it can be kinda creepy. To keep you from making this mistake, here are three simple rules from Amber Madison, a Manhattan-based relationship expert and dating coach, to keep your texting in line.

Not everyone appreciates sexting. ISTOCK IMAGES

Face to face

"If you have not met a person in real life, don't sext them. Understandably, you want to be flirty if you're messaging someone from a dating site. But getting sexual in your messages is way too presumptuous for someone you haven't met in person and you're not even sure you're attracted to. (More importantly, they may not be sure if they're attracted to you.)."

Do it first

"If you haven't done it in real life, don't text about it. So, you went on a few dates and made out a little bit — awesome. But, that doesn't give you the right to start texting about how you can't wait to get them naked and in bed. The time to propose sexual activity is in person, not via a cellphone.

"It's presumptuous to share your sex fantasies with someone who may not want to be having sex with you."

Cage your snake, boys

"Function under the assumption that she doesn't want a dick pic sent to her. Guys: Your junk is impressive, I'm sure.

"But we don't want a picture of it. We don't care how big, pierced, tattooed, well-groomed or whatever it is.

"If you're super fit and you want to send a topless pic, that's a little braggy, though at least it's hot."

METRO

iSext

Mashable.com has reported that market research firm Harris Interactive recently published a survey that showed an average of 26 per cent of adults use their smartphones to spice things up.

Transit etiquette

Don't be a seat hog

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

It came to my attention recently via a newswire article that the Boston Public Transit system has started a new campaign directed at their riders about etiquette toward both their fellow passengers and employees of the public transportation system.

Through a series of ads, their "Courtesy Campaign" uses wild animals to help demonstrate good manners. Examples include:

1. Parrots demonstrate the important rule, "Don't Squawk on the phone."

2. A bug infested seat illustrates the phrase, "Don't be a littler bug."

3. A group of elephants spraying water from their trunks reminds us of the important rule, "Don't spread germs."

We need to find a way to co-exist on the bus. ISTOCK IMAGES

And finally my favourite is the all-important lesson, "Don't hog a seat" with a beautiful group of pigs sitting inappropriately on numerous seats inside of a bus. Remember it takes as much effort to be rude as it does to be polite and respectful of others.

Does your public transit in your area need to perhaps consider such a campaign? Email me at askcharlesthebutler@metro.ca

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Grilling: not just for carnivores

This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 2 pints cherry tomatoes
- Olive oil
- Kosher salt and ground black pepper
- 1 medium red onion, thickly sliced
- 1 loaf (about 19 oz) sourdough bread, cut or torn into 2-inch chunks
- 1 tsp garlic powder
- 1 tsp smoked paprika
- 1 cup shaved Parmesan cheese
- 4 cloves garlic, minced
- Zest and juice of 1 lemon
- Zest and juice of 1 lime
- 1 cup fresh basil leaves
- 1 cup baby arugula

1. Heat a grill to medium-high.

2. Place tomatoes on large sheet of heavy duty foil. Drizzle with olive oil, then sprinkle with salt and pepper. Fold up edges of foil to create packet, then set on grill. Drizzle onion slices with oil, then add those to grill. Grill, covered, 10 minutes, or until the tomatoes begin to break down. Carefully turn onions once during cooking.

3. Once tomatoes and onions are done, remove from grill and set aside. Leave foil packet wrapped shut. Leave grill on.

4. Place bread in large bowl. Drizzle with olive oil, then sprinkle with garlic powder and smoked paprika. Toss well to coat, then use tongs to place the bread on the grill. Cook, turning the bread pieces often, until lightly toasted, about 5 to 7 minutes. Return bread to the bowl. Add Parmesan and toss well until melted. Add the garlic and lemon zest and lime zest, then toss again.

5. Divide the bread mixture between 6 serving plates. Open foil packet of tomatoes and spoon some mix and their juices over each plate. Divide the onions between the plates. Drizzle each serving with a bit of the lemon and lime juice and top with basil and arugula. Season with salt and pepper.

THE ASSOCIATED PRESS

Health Solutions

Watered down

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

You know you are supposed to drink the darned stuff but water is so boring!

The myth that you need eight glasses each day is a bit arbitrary. Much depends upon how efficient your cooling system is (as in how sweaty you are) and some depends upon how much high water content (as in fruits and vegetables) foods you eat. Then there is how dry or moist your environment is and your fitness level.

That's way too many factors to pin a number, like eight, on. The bottom line is you have to check your pee. (Get it? Bottom line! What's a day without potty humour?) You want to drink enough to be sure it is as clear and uncoloured as possible.

Here are some ways to spruce up your water so it tastes better so you drink the stuff.

- Harvest spruce, pine or fir tips as they are pale green shoots. Crush three or four with a rolling pin and add to a pitcher of water. Let stand in the fridge at least an hour for a bright, lemony zing.
- Cucumber and lemon add a subtle, refreshing flavour to a pitcher of water. Simply slice and refrigerate.
- Herbal tea can be no cal and just as fabulous cold.
- Apple slices, cinnamon sticks and allspice buds can be topped with a pot of boiling water and then cooled in the fridge.
- Freeze any leftover berries in ice cubes and add to a glass of water.
- Sumac drupes can be soaked in a pot of water, filtered and refrigerated.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Side Dish. American Tomato Salad

Ingredients

- 1 tbsp mild olive oil
- 1 tbsp honey
- 1 tbsp cider vinegar
- 1 tsp Dijon mustard
- 4 heirloom tomatoes, sliced
- 4 oz Humboldt Fog or Maytag Blue cheese, sliced or crumbled
- 1 cup torn mixed soft herbs (such as chives, basil, cilantro and parsley)
- Flaked sea salt and ground black pepper, to taste

1. In a small bowl, whisk together the olive oil, honey, vinegar and mustard.

2. On a platter, arrange the tomato slices. Drizzle the vinaigrette over the tomatoes, then top with the cheese and herbs. Sprinkle with the sea salt and black pepper.

THE ASSOCIATED PRESS

Panko bread crumbs update classic Fried Green Tomatoes

The recipe ticks fairly close to tradition but adds a fascinating modern ingredient: panko.

This Japanese-style bread crumb is a relatively recent invention. The slightly sweet bread is baked by electrocution in an oven that is cool to the touch. Only the dough gets hot as current surges through it. The resulting loaf has no crust and is uncommonly airy when it is shredded into slivers and crumbs. Combined with cornmeal, the panko fries into a light, crisp envelope for the tangy tomato slices.

This recipe serves four as a side dish. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- Canola oil, as needed for deep-frying
- 2 medium green tomatoes
- 5/8 cup (100 grams) cornmeal
- 1/3 cup (25 grams) panko bread crumbs
- 1/2 tsp ground black pepper
- 1/4 tsp cayenne pepper
- 1/4 cup cultured buttermilk
- 1/4 cup (2 eggs) blended whole eggs
- Salt, to taste

1. Bring pot of water to a boil. Fill a bowl with ice water.

2. In a tall pot, pour at least 2 inches of oil. The pot must be no more than half full. Set the pan over medium-high and heat the oil to 390 F (200 C).

3. Use a paring knife to cut the core out of each tomato.

4. Once water is boiling, add tomatoes and blanch 1 minute. Use a slotted spoon to transfer the tomatoes to the ice water. When cool enough to handle, remove the tomatoes and peel away the skins. Cut each tomato into slices 1/4 inch thick.

5. In a wide, shallow bowl mix the cornmeal, panko, black pepper and cayenne. In a second wide, shallow bowl, whisk buttermilk and eggs.

6. Dredge the tomato slices first through the buttermilk mixture, then the panko mixture to thoroughly coat them.

7. When oil has reached 390 F, working in batches of 3 slices, carefully fry the tomatoes for 2 minutes, or until golden brown. Use a slotted spoon to transfer the tomatoes to a paper towel-lined plate and season with salt.

THE ASSOCIATED PRESS

Eighty-five per cent of those who bought a home in the past 18 months locked into a fixed-rate mortgage. ISTOCK IMAGES

A lesson in fixed vs. variable rate mortgages

YOUR MONEY
Alison Griffiths
money@metronews.ca

It's the talk of the town once again. Interest rates. Savers are praying for an increase while those in debt have their fingers tightly crossed that any rise will come oh so slowly.

The big issue for most is the mortgage. Variable used to win hands down over fixed rate when it came to saving money.

But as five year fixed rates sunk below three per cent and the spread between fixed and variable rates shrunk to less than 40 basis points or 0.4 per cent, locking in has been a no brainer. There is little point in taking on the additional risk of a rate rise for less than half a per cent.

Based on the Canadian Association of Accredited Mortgage Professionals' recent survey, 85 per cent of those who bought a home in the past 18 months locked in, compared to 69 per cent of existing mortgage holders. The appeal of the fixed rate will only grow with the flurry of talk about impending interest rate increases.

Already a number of lenders have nudged their five-year rate over three per cent. This could signal that the variable rate mortgage may start to become more appealing as the difference between it and the fixed rate widens.

According to canadianmortgagetrends.com, consumer interest in variable rates increases when the spread between them and fixed rates is 100 basis points or one per cent.

It is easy to see why. Paying one per cent less on a $200,000 mortgage keeps about $2,000 after tax dollars in your pocket in the first year and saves nearly $32,000 in interest costs over a 25-year amortization.

Canadians choosing a fixed rate can enjoy the benefits of a variable rate simply by paying a bit more monthly. On a $200,000 mortgage an extra $50 cuts two years off the life of the mortgage and saves nearly $7,000 in interest costs. Or, make a lump sum payment, amounting to the average tax refund of $1,500, and the mortgage is gone in 21 years with interest savings of nearly $15,500.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

In numbers

20

On average, Canadians expect to pay off their mortgages in 20 years.

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Haute hub combines shop with talk

Set your sites on style. Metro takes a peek inside Eluxe's fashionable closets

TAKARA SMALL
Metro News in Toronto
@takarasmall

Who: Eluxe.ca

What: A fashion business that serves as an editorial magazine, fashion enclave and retail website

Where: 355 Adelaide St. W.

Why: "Eluxe is more than a website. It's where people can go to talk about fashion, not just shop it," says Erin Lubelsky

Erin Lubelsky wants visitors to know that Eluxe is so much more than an online store. TAKARA SMALL

After stepping into the stylish offices of Eluxe.ca your eyes are immediately drawn to racks upon racks of chic items.

Chunky jewelry, custom distressed jeans and high heels greet you as you enter the showroom. Erin Lubelsky, the company's marketing manager, who is styled in a dark cashmere shirt and fitted dark jeans, takes me around the online retailer's offices and backroom, where merchandise waits to be shipped across the country.

"Eluxe is more than a website. It's where people can go to talk about fashion, not just shop it," says Lubelsky. The company's emphasis on content and product differentiates it from its other competitors.

The Canadian business headquartered in Toronto's fashion district and follows in the similar footsteps as other well known online fashion retailers such as Net-A-Porter and ShopBop. It's a dot-com hybrid that combines editorial content found in magazines and the ease of an online retailer.

"We evolved to merge the world's media and retail," Eluxe's CEO, Duke McKenzie, says when explaining why the team focuses on maintaining a fashion community through its personalized one-on-one shopping and partnerships with local designers and stylists.

The company, started by Joanna Track, creator of the now-expired Sweetspot.ca, was born out of a desire to provide high-end service and acclaimed designs in Canada (without the exorbitant cross-border shipping fees).

Since its 2010 launch, the popular fashion destination has progressed to become a cultural hub in its own right that features interviews with the likes of acclaimed actress Tatiana Maslany and Chef Nadège Nourian and provides previews of upcoming seasons for customers. This is a true coup and unique factor for the company as it aims to revolutionize Canada's underdeveloped e-commerce market and distance itself from the competition. When asked about the varied retailers hoping to venture to the 49th parallel in the coming months (read: high-end U.S. retailers Nordstrom and Saks among many others) and call Toronto home, McKenzie laughs. "Increased competition is good because it sparks innovation. We're made with love from Toronto but we don't limit our ideas to just Canada. We look at the North American landscape."

E-laborate

In need of a new wardrobe?

• Go to metronews.ca/voices/mom-and-pop-shops to take an exclusive behind-the-scenes peek at Eluxe.ca's closet.

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Cruel colleagues?

Bullying in the real world

A new study shows that unattractive, mean people are more likely to be bullied in the workplace.

According to the Workplace Bully Institute, about 35 per cent of working Americans, approximately 53.5 million people, admitted to being bullied at work.

"Frankly, it's an ugly finding," lead investigator Brent Scott, associate professor of management at Michigan State University, told MSU Today. "Our findings revealed that both personality and appearance matter."

The study included 114 health care facility workers.

They were questioned on if they ever experienced mean behaviour, such as being made fun of, having hurtful things said and being treated in a rude way by colleagues.

METRO

Kick some career butt with a martial artist's mentality

A black belt in business. The lessons learned in a karate class can be translated to the world of work

Susan Schorn is the author of Smile at Strangers: And Other Lessons in the Art of Living Fearlessly.

She's also a black belt in karate who says the lessons to be learned from the ancient martial art don't end on the mat — they can help your career.

Here are Schorn's tips on how to be a black belt in business attire.

Respect yourself

People — whether they are sparring with us or supervising us — tend to follow our lead when deciding how to treat us. Realizing the value of what you do and who you are is an empowering first step toward setting healthy boundaries in the workplace.

Create space by redirecting

When an opponent's offense threatens to overwhelm you in the sparring ring, you can gain control of the situation by turning his or her energy back. The same is true on the job. If your boss expects you to take on more work than you can handle, for example, ask for help prioritizing: "It looks like this new initiative is going to require a lot of attention. Which of the three projects I'm currently working on should I set aside to make room for it?"

Accept that energy moves in both directions

Karate focuses on give and take between opponents. That's important in the workplace, too. But how often do you give your boss feedback? We don't always think about communicating upward. If it's done respectfully, it can replace a one-sided relationship with reciprocity.

Cultivate your reputation

Martial artists put a lot of effort into earning their peers' respect. Pay attention to your reputation in the workplace. If you're respected in other areas of your organization, your boss is more likely to value you in the office.

METRO

You gotta fight for your right to have a wonderful working life. ISTOCK

Practice your skills daily

Karate techniques must be practiced until they become a natural part of your behaviour.

- Boundary setting works the same way. It's important to practice small skills like saying "no" or asking for a little more time or space when you need it.
- This builds your confidence and teaches the people around you that you understand boundaries and how to negotiate them.

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4 SPORTS

Sports in pictures

1 Wimbledon. Serena sent home early

Serena Williams lost 6-2, 1-6, 6-4 in the fourth round to German Sabine Lisicki. GETTY IMAGES

2 IIHF. NHL moves closer to Sochi deal

While a deal wasn't reached, the NHL, NHLPA and the International Ice Hockey Federation, moved closer to sending NHLers to the 2014 Olympics in Sochi, Russia, in a long meeting Monday. THE ASSOCIATED PRESS

3 Cycling. Aussie takes Tour Stage 3

Sprinter Simon Gerran won Monday's third stage of the Tour de France. GETTY IMAGES

Blue Jays red hot vs. Tigers on Canada Day

MLB. Scoring comes from an unlikely source as Dickey continues to knuckle down on batters

Jose Reyes celebrates with Jose Bautista after hitting a solo home run in the third inning of the Blue Jays' game against the Tigers on Monday at the Rogers Centre. The Jays won 8-3. TOM SZCZERBOWSKI/GETTY IMAGES

Mark DeRosa is the first to admit he isn't exactly an intimidating batter.

DeRosa, a 38-year-old bench player the Blue Jays added this season for depth, has been dealing with a sore neck and a slump at the plate in which he hadn't had a hit since June 18 against Colorado.

So when an injury forced first baseman Adam Lind out of the roster, DeRosa found himself filling in Monday. Even more unexpected was his No. 4 spot in the batting order.

But no one was more surprised than the Detroit Tigers when DeRosa launched a three-run homer; an exclamation point in Toronto's 8-3 victory against the American League champions.

"I've always been a guy who likes to work the ball the other way and it's been frustrating over the last couple weeks," said DeRosa. "You know, flying open, striking out and grounding out to short. Doing things that I pride myself on being a quality at-bat. Definitely hitting fourth was not on the agenda coming into the season."

DeRosa joked he told star Jose Bautista, who was hitting third in the lineup after slugger Edwin Encarnacion was pulled just before the game with left hamstring soreness, to take off his shin guard at the plate and expect to be walked.

It ended up being no joke at all. The Tigers walked Bautista twice, and DeRosa made them pay in the fourth inning with his fifth homer of the season.

"Obviously you can't replace Eddie, you can't replace the way Lind swung the bat. I'm aware of that," said DeRosa. "But there's guys here that are capable of doing things they have to to help us win."

DeRosa had plenty of help during a festive Canada Day game at Rogers Centre.

On Monday

Blue Jays	Tigers
8	3

Shortstop Jose Reyes, who made his first appearance at home since April before he was put on the disabled list with a severely sprained left ankle, hit his second home run in two games.

Blue Jays knuckleballer R.A. Dickey (8-8), following up on his best outing of the season last week, was again solid against Detroit's intimidating batting order. He allowed two earned runs on six hits with four strikeouts through seven innings. THE CANADIAN PRESS

NBA. Raps not yet in clear after dealing Bargnani

The trade sending Andrea Bargnani to the Knicks will become official on July 10. TORSTAR NEWS SERVICE FILE

Step one is all but over and now the question is what's next for Masai Ujiri's great remake of the Raptors.

According to several NBA sources, the necessary tweaking has been done to assure the trade of Andrea Bargnani to the New York Knicks will go ahead with no difficulty on July 10, making it the first significant move that Ujiri has made since assuming control of the franchise in early June.

The addition of the much-travelled Quentin Richardson to the deal — according to sources he'll get one guaranteed year on a three-year sign-and-trade contract — assures the deal will meet the arcane NBA salary cap rules and see Bargnani move to New York for Steve Novak, Marcus Camby, Richardson and a package of three future protected draft picks.

Richardson, or another minimum-value veteran willing to take a one-year guaranteed deal, was put in the Bargnani transaction after Toronto and New York couldn't get the original trade approved by the league on time Sunday night.

Because new salaries for players kick in July 1, more salary cap ballast had to be included in the deal the teams thought they had finalized Sunday afternoon.

TORSTAR NEWS SERVICE

More work ahead

The deal leaves Masai Ujiri with more work to do:

- Marcus Camby isn't likely to ever suit up for Toronto; he wants to end a long career trying to win a championship.
- DeMar DeRozan, Rudy Gay, Terrence Ross, Landry Fields, Novak, Quentin Richardson and Linas Kleiza are all capable of playing the wings; that's about four too many for a playing rotation.

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Horoscopes

♈ Aries
March 21 - April 20
Some things come easy to you but other things you will never master. With that in mind, don't be afraid to give up on something today if it doesn't feel right. It's no big deal.

♉ Taurus
April 21 - May 21
You may not want to apologize about something but if refusing to do so puts a friendship at risk, it may be smart to swallow your pride and let them know you are sorry – even if you're not.

♊ Gemini
May 22 - June 21
With the Sun opposing Pluto today, there is a lot of pressure on you. But it is essential that you don't let others see you are stressed. Act tough even if you don't feel in the least bit on top of things.

♋ Cancer
June 22 - July 23
Everyone makes mistakes and in the greater scheme of things, your recent errors are minor, so stop worrying about them. Do something new today and make all the mistakes you like.

♌ Leo
July 24 - Aug. 23
Not only is the Sun moving through the most sensitive area of your chart but it opposes Pluto today, so it may feel as if all your power has been drained. Take it easy.

♍ Virgo
Aug. 24 - Sept. 23
Someone may not be showing you the respect you deserve but don't let it get to you. It is not what they do or say that matters but how you choose to react to it. Treat them with the contempt they deserve.

♎ Libra
Sept. 24 - Oct. 23
You know what needs to be done, so why don't you get on and do it? Maybe it's because you sense you won't get any help at all. Relax, you don't have to do it all today.

♏ Scorpio
Oct. 24 - Nov. 22
You may not get the support you need today. There is no point getting annoyed about it because the planets indicate your friends can't help even themselves at the moment, never mind help you.

♐ Sagittarius
Nov. 23 - Dec. 21
You rarely avoid a fight but the planets warn you would be wise to back off in the face of someone's belligerence today. Let them have their say and act a fool. It's no loss for you.

♑ Capricorn
Dec. 22 - Jan. 20
Pluto in your sign is opposed by the Sun today, which means you must be careful how you use your authority. Just because you have the power to make something happen does not mean you have to.

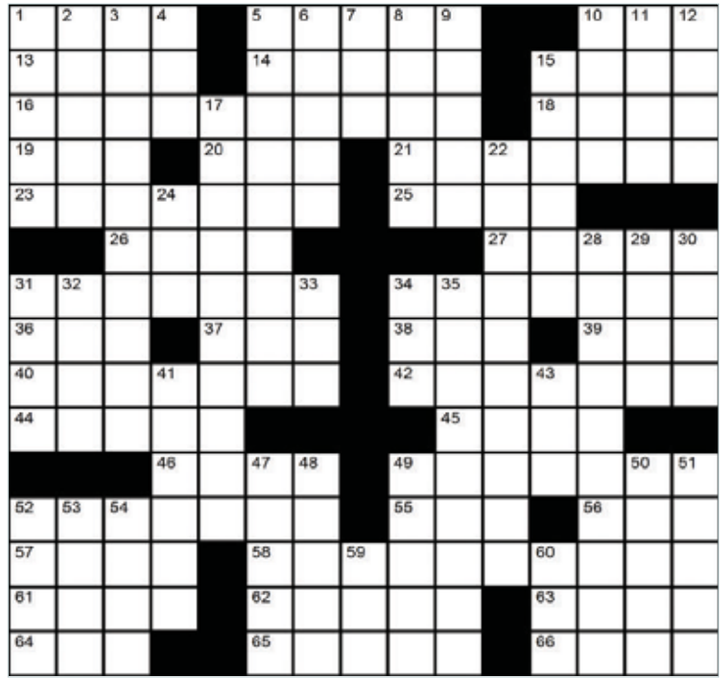
♒ Aquarius
Jan. 21 - Feb. 19
If you have to choose between competing offers today, go for the one that makes fewer demands on your time and energy. At work especially, try to avoid anything that requires you to exert yourself.

♓ Pisces
Feb. 20 - March 20
A project will come in for criticism today and you should listen and learn. However, having done so you must then make a decision and act on it. The last word must always be your own. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

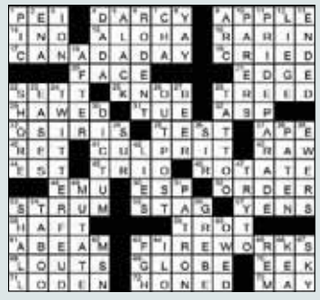
BY KELLY ANN BUCHANAN



Across
1. Jennifer or Cynthia (Canadian actresses/ sisters)
5. Mr. Kinnear's
10. Loud sound!
13. "Last one __ __ a rotten egg!"
14. Convey
15. Musical finale
16. Country's Lady __
18. Comb's comb-ee
19. Pecan
20. Papua New Guinea seaport
21. Shannen of "Beverly Hills, 90210"
23. Kid in "E.T.: The Extra-Terrestrial" (1982)
25. Singular of 'Inuit'
26. Goth/rock fans
27. Namesakes of Civil Rights activist Ms. Parks
31. Hindered
34. Toronto's Ed __ Theatre
36. King, in Portugal
37. Actor, Daniel __ Kim
38. "Either he goes __ _ go!"
39. Comedy's Mr. Howard
40. "__ X" (1992)
42. Physicians
44. Edgar __ Poe
45. Type of flatbread
46. Investment portfolio item
49. "Friends" character's namesakes
52. Canadian Snowbird Association member, perhaps
55. Men's deodorant brand
56. Coin of Vietnam
57. Desktop symbol
58. Suburbs area of Montreal: 2 wds.
61. Electrical resistance units
62. Made level
63. 50 Cent hit: "__ __ Club"
64. Lake temperature tester
65. Have a hunch
66. Broadway musical, Rock of __

Down
1. Journalist Ms. Sawyer
2. Void
3. Alanis Morissette's is 'Jagged': 2 wds.
4. 'Legal' suffix (Lawyer-speak)
5. Instrument of government, The __ of Canada: 2 wds.
6. Get a new tenant
7. Ms. DeGeneres, to pals
8. Spanish architect, Antoni __
9. Chef on ABC's "The Chew", Michael __
10. 'Wild' animal
11. Mine entrance
12. SYTYCD judge Ms. Murphy
15. "Star Trek" role
17. O Rh Negative giver: 2 wds.
22. Severe storm systems
24. "_ __ Mine" by The Beatles
28. Montreal designer who is a Member of the Order of Canada: 2 wds.
29. Ancient stringed instrument
30. He's opposite
31. "__ la Douce" (1963)
32. Breakfast
33. Bill Clinton, e.g.
34. 1960s hipster
35. It gives PEI's soil its reddish colour: 2 wds.
41. Pioneer houses
43. Mai __ (Cocktail)
47. Mr. Gingrich's
48. John __ (Tractor company)
49. Pals
50. _ __ _ (Spelled-out cable network)
51. Carbonated beverages
52. Donnybrook
53. Ontario's Bon __ Provincial Park
54. Voluminous book
59. Earth's lightbulb
60. Irish coronation stone, __ Fail

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		2		6			7	
						5		
1	3	9	7	5				2
9		1	4			7		
				7				
		5			6	3		8
7				1	9	6	2	5
		6						
	1			4		8		

Friday's Sudoku

4	6	2	7	1	9	8	5	3
5	7	1	2	8	3	9	6	4
3	8	9	4	6	5	1	7	2
6	5	8	3	4	7	2	1	9
1	9	4	5	2	6	7	3	8
2	3	7	8	9	1	5	4	6
9	1	3	6	5	8	4	2	7
7	2	5	9	3	4	6	8	1
8	4	6	1	7	2	3	9	5

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